every fortnight

the newham mag

issue 177 // 21 August 2009

In the black: debt management (pg 10)

Accountable: annual report (pg 13)

Tuck in: free school meals (pg 28)

Celebrate ten years of free music

Under the Stars returns: 3-6 September (pg 20)

Meet the Met

We ask Borough Commander Simon Letchford your questions (pg 18)

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the newham mag

Look out for the next issue from 4 September

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21 August 2009 // **issue 177**

A foreword from executive member for finance and asset management, Councillor Lester Hudson.

"We're all hearing rumours that the recession is coming to an end, which is great news, but for many it still seems some way off. At the council we're doing all we can to help you through these tough times. Find out about a self-help pack we've launched to make debt management a doddle (pg 10), read the annual report on how the council's been spending for you this year (pg 13) and learn about our fantastic free school meals for primary school children (pg 28). We've recession-proofed your social life too: Under the Stars offers four nights of fantastic free music in Central Park (pg 20) and the council-run campsite at Debden means Newham residents can holiday for less (pg 26): read on and enjoy!"

Cllr Lester Hudson

Don't forget – Free inside this issue, In Focus, containing news and events from East Ham, Royal Docks, Forest Gate and Custom House and Canning Town community forums.

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Newham London

Defence exhibition at ExCeL

The world's largest defence and security exhibition is taking place at the ExCeL centre in the Royal Docks from September 8 to 11.

A number of public areas that exist within the ExCeL site are expected to be closed during the length of the exhibition, including the Royal Victoria Dock pedestrian footbridge. There are no pre-planned road closures.

The police and ExCeL are committed to preventing any disruption during the Defence Systems & Equipment International event and there will be appropriate policing in place to deal with any eventualities. People in the area experiencing any problems can contact their local Safer Neighbourhood team police officers.

Police are also working closely with British Transport Police and transport providers to minimise any potential disruption to services such as Tube lines and the Docklands Light Railway, though Custom House Station is expected to be closed.

Young Mayor nominations

Have you got what it takes to be the next Young Mayor? If you're aged between 11 and 17 get 50 signatures of support from young people and approval from your parent or carer, head teacher, principal or employer. Download an application form at www.newham.gov.uk/youngmayor or collect one from a Newham Connexions office or your school or college after the summer break. Return the form by 16 September to: Young Mayor of Newham, Y Pod, 6 High Street South, London E6 6ES.

Flagging up Indian and Pakistani independence

Indian flag raising

Pakistan flag raising

National flags were raised at Newham Town Hall in East Ham for both Pakistan's and India's independence days, on 14 and 15 August respectively.

Residents, councillors and members of both communities gathered on the steps of the Town Hall to hear speeches and raise the countries' flags. Both flag-raisings were hosted by Deputy Mayor Councillor Christine Bowden and executive member for community affairs, Councillor Unmesh Desai.

Cllr Bowden said: "The Indian and Pakistani communities have made such a valuable contribution to Newham over the decades. It's an honour to fly both flags."

Register is an earner

Newham Council needs people to help update the electoral register. If you'd like to earn some extra cash, are free during September and October and are a good communicator this may be the job for you. Full training will be provided and you can choose the hours that suit you; earnings will be performance based – so the harder you work, the more you earn! For more information call 020 3373 2789 or email zena.smith@newham.gov.uk Look out for your voter registration form in the post. **Please complete and return as soon as possible.**

News

Newham Youth Council takes local young people's views nationwide

Two members of Newham's Youth Council, Seyi Akiwowo and Shingirai Sibanda, recently travelled to Canterbury to take part in the ninth annual sitting of the United Kingdom Youth Parliament at the University of Kent.

Over four days members addressed a number of important issues including the environment, mental health, crime and education. They also launched three national campaigns on public transport, university tuition fees and political education.

Seyi said: "It was really valuable being able to share our ideas with young people from across the UK and find out what issues they're focusing on. It helped us to think about developing our approach in Newham."

Both young women attended training sessions to help them improve their communication skills. Shingirai said: "At one of the training sessions we were given a huge insight into engaging with marginalised groups of young people.

The UK Youth Parliament at the University of Kent

"This is really important in Newham, where we have such a diverse population of young people that we have to reach."

Seyi and Shingirai will represent Newham Youth Council at UK Youth Parliament events in the future, including an event at the House of Commons in October, where they will be two of the first ever young people allowed to sit and debate in the chamber which is usually used by MPs.

See news in brief for details on how you could run for next year's Young Mayor or a place on the Youth Council.

Alert over peanut butter linked with cancer

Some of the dangerous peanut butter seized

Hundreds of containers filled with potentially dangerous peanut butter and paste have been seized by Newham Council Food Safety officers.

Officers have so far confiscated and destroyed about 200 plastic containers of groundnut products manufactured in Ghana by Jesu Aka Ltd. They are distributed by Marduro UK Ltd.

Many of them were seized in the borough's Green Street area in Upton Park. However, the council's food safety team have warned there could be many more circulating in Newham and across London.

These brands contain high levels of aflatoxins, which occur naturally in some foods and have been linked with cancer. There are strict limits on the level of aflatoxins in foods imported into the UK and the rest of the European Union.

Councillor Andrew Baikie, executive member for public protection, said: "Our food safety officers have done a fantastic job. Safety remains our residents' number one concern so we are investing more in making Newham safer. The important thing is to remove this product, fast. That is what we are doing."

Anyone spotting the product should immediately contact the food safety service at Newham Council on 020 3373 7709.

NEWS // IN PICTURES

Children's Hospice Richard House revs up for Summerfest – more on page 31.

Building up the East End - work on the Olympic stadium sprints ahead.

A colourful canvas: Debden House campsite in the sunshine.

Tackle tactics at the Footie Fives tournament in Royal Docks.

Drummer boy - talent strikes at Plashet Park play day.

School's not out for summer

Many of you may have seen our successful summer school programme featured on the national TV news this month.

The BBC asked to come and film some of the great work we do during the school holidays to help young people with their reading, writing and numbers.

Our summer school and events programme is the biggest and best in the country. We want to make sure that all young people have something interesting to do and get involved in.

(l-r) Cllr Peppiatt, Mervyn Wilson and Sir Robin

"It is a great example of how we are enabling children to achieve their full potential."

It is a great example of how we are enabling children to achieve their full potential. We have a duty in law to secure high standards of education for our pupils. That is why, when we're faced with a school that is not performing at its best, we will step in to help out.

Together with Councillor Quintin Peppiatt, the executive member for children and young people, I met with Mervyn Wilson, principal of The Co-Operative College educational charity, to discuss how we might work together to improve standards at Royal Docks School in Custom House.

Exam results there haven't been the best and it is close to the bottom of schools nationally in terms of performance.

We believe that turning Royal Docks into a National Challenge Trust School offers the best option to get it back on the right road. The Co-operative College would become partners advising on the curriculum and staffing and we would want to involve the University of East London as well.

We will improve performance at the school. Pupils and parents deserve nothing less and we want them to play a meaningful part in the running of the school.

We have one of the youngest populations in the country; achieving better outcomes for them has to be at the heart of what we do.

"We have one of the youngest populations in the country; achieving better outcomes for them has to be at the heart of what we do."

Mayor's view

Making play a priority

All children and young people have the right to play – indeed it is enshrined in Article 31 of the UN Convention on the Rights of the Child.

Whatever their age, culture, ethnicity or social and economic background, young people need time and space to play with their friends in a safe environment.

Our estates, parks and green spaces should be places where they can do so freely and learn about themselves and others. Play is about them enjoying their childhood and it is essential to their quality of life as children.

Most importantly though, play is fun – and you could see that on the faces of the thousands of children who came to our Playday event in East Ham's Plashet Park, which was run with care charity Community Links.

The smiles really brought home to me how important it is that we continue to spend money on improving parks and play areas across the borough.

Parks are great places for people of all ages to socialise, kick a football, play with the kids, have a picnic or read a book.

We want young people to have safe environments. That is why I have promised borough-wide park improvements. I know you value parks and open spaces. Investing in them is an investment in the future of all residents.

Over the coming months you'll be seeing new play areas, trim trails, paths, and exercise equipment coming to a park near you.

> "I know you value parks and open spaces. Investing in them is an investment in the future of all residents"

Newham runs more sport and cultural activities than any other borough. Upgrading our parks gives us the perfect opportunity to offer even more opportunities for people to get active. I encourage you all to get out and enjoy them.

Sir Robin (centre) and councillors meet families at Plashet Park Playday

Building skills: children enjoy outdoor games

Cllr Pat Sheekey (2nd from right) gives Sir Robin a tour of the event

with Sir Robin Wales

Deal with debt dilemmas

Making ends meet can be difficult at any time, but the recession has created even more problems with that dreaded four letter word: debt. Debt can be necessary (eg student loans), but more and more people are having problems repaying what they have borrowed.

Having debt problems can happen to anybody and usually it is nobody's fault. The important thing is to confront them as soon as possible and sort them out.

The council is on your side. To help residents having debt problems, a new edition of our debt self help pack is now available. And for people who need face-to-face help to sort out debt problems, free and independent money advice is available at Local Service Centres.

You can pick up a 2009 edition of the debt self-help pack titled *Debts… how to sort them out* at your Local Service Centre or library, as well as at many advice agencies across the borough. Or you can download it online by visiting www.newham.gov.uk/debts-howtosortthemout

In his contract with residents, Mayor Sir Robin Wales promised to introduce a range of services to help during tougher times. He said: "Being in debt can be a stressful situation, but working out how to prioritise and address your debts does not need to be complicated.

"Most debt problems can be managed – this pack describes how you can do this yourself in some simple steps, and provides practical and straightforward advice that will help you work out what's coming in, what's going out and how to make what's left work for you. It will also point you in the right direction if you need further advice."

Need face to face help with dealing with debt problems? Community Links is now providing money advice sessions at the following Local Service Centres:

Manor Park, 685 Romford Road
Monday mornings from 9.15am, last appointment 12.15pm

East Ham, 330 Barking Road
Wednesday mornings from 9.15am, last appointment 12.15pm

Stratford, 112 The Grove
Thursday mornings from 9.15am, last appointment 12.15pm

The service is free, independent, confidential and by appointment only. To make an appointment, visit any Local Service Centre or call the Contact Centre on 020 8430 2000.

Newham London

Refuse Service Collection Dates

Revised August bank holiday 2009

Please leave your orange bags beside your bin on your property (not on the street) by 6am on the morning of your collections.

Don't forget to recycle your unwanted newspapers, magazines, scrap paper, directories (including yellow pages) and leaflets in your orange bag.

For more information please contact Newham Council on 020 8430 2000.

Collection Day	Revised Collection Day
Monday 31 August – Bank Holiday	Tuesday 1 September
Tuesday 1 September	Wednesday 2 September
Wednesday 2 September	Thursday 3 September
Thursday 3 September	Friday 4 September
Friday 4 September	Saturday 5 September

Use your orange bag to recycle… Paper ✔ Plastic bottles ✔ Food and drinks cans ✔

Persistent noise from a few can create misery for many. While most of us enjoy listening to music from time to time, we seldom appreciate other people's music, especially when it intrudes into our homes.

Court action is music to the ears

When the noisy antics of one resident of a block in Stratford got too much for his neighbours, action was taken. And it was a real team effort that saw him receive a custodial sentence.

Following numerous complaints about loud music coming from his ground-floor property, a court injuction was obtained in September 2008 against Eddie Weekes, 40, of Cridland Street, preventing him from doing so in future.

However, the misery continued and evidence was compiled against him by the council's anti-social behaviour service investigations team and caretaking and concierge staff from Newham Homes.

In January this year he was taken back to court for breaching the injunction and given a two-month jail term suspended for two years and further warned about his conduct.

Despite the warning, Weekes continued his noisy ways. He was observed by the council's noise team and residents began keeping noise diaries with help from the council's witness support service.

Last month he was brought back before Bow County Court where the two-month sentence was activated and a further month added for the additional breaches of the injunction. Within hours of the hearing, he was escorted to prison by police officers attached to the council and two of the council's BoroughBeat special constables.

The council also has a possession order for the property and is fast-tracking his eviction.

Councillor Andrew Baikie, executive member for housing, said: "This is an excellent example of what can be achieved when people and agencies work together against nuisance.

"This is great news for the residents whose lives he had plagued. We will take whatever action is necessary to protect residents from such misery.

"Living in a busy and diverse borough such as ours means that there will sometimes be noise around – but you don't have to put up with constant, unreasonable noise, especially at night. People deserve the right to peace and quiet in their own homes."

To report anti-social behaviour call the free 24-hour hotline in confidence on 0800 731 3300.

Annual Report

Newham London

Making Newham a place where people choose to live, work and stay is the drive behind our vision for the borough's future. Over the past year Newham Council has made steady progress in achieving this vision and we would like to share the results with you.

We have an ambitious vision for the borough and believe our transparency, consultation and high standards will help make Newham a more attractive destination for everyone.

By reviewing the year that was, and looking ahead to the future, we hope to build on our successes while also expanding on other areas that need improvement.

We invite you to view a more detailed account of how we have performed over the past year. The 2008/09 Annual Report can be found by visiting www.newham.gov.uk/annualreport0809.

Highlights of the past year

Your priorities are our priorities, and over the past year we have developed the Mayor's promises which focus on providing and delivering various new services, improvements and initiatives.

On your side in tougher times

We are working hard to make sure that Newham is as strong as possible to withstand economic pressures thanks to our sound and innovative financial planning. In 2008/09 our efficiency programme saw around £12m in savings redirected into priority areas such as employment and facilities. We also put a freeze on Council Tax levels in and Newham now has the lowest Council Tax in Outer London.

Safer Newham

Over the past year we have been working closely with the police and other partners, and have been successful in reducing violence in a number of areas. Serious knife crime is down by 30 per cent and youth violence is down by 23 per cent. We are investing in a safer Newham programme ensuring more police and Streetscene enforcement officers provide a highly visible presence in our parks, estates, streets and schools.

Clean and green neighbourhoods

Our aim is to create a cleaner and greener Newham, with both council and residents working together for the benefit of our local environment. We have doubled the number of orange recycling bags for residents, and our street cleaners now provide a service from 6am until 10pm seven days a week.

Opportunity for all

Newham is a place of progress and the future holds a number of great opportunities for us to grow and prosper. Over 1,100 people successfully found work, and more than 1,000 people increased their skills through Workplace, Newham's employment partner.

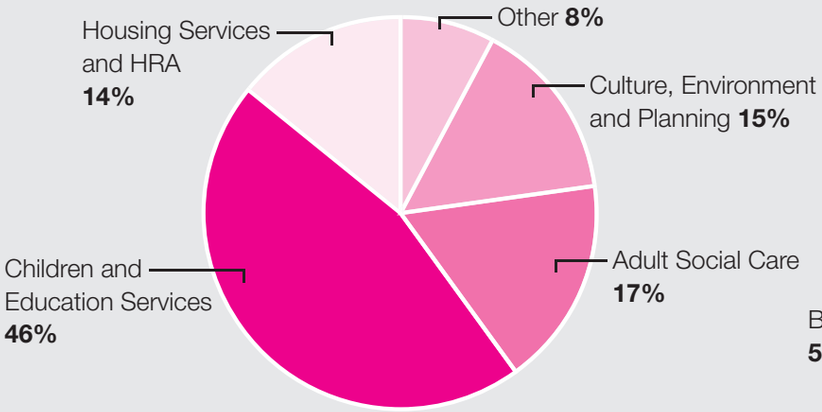
Active and connected people

Creating a community which is inclusive and fair for everyone is central to our plans for the future of Newham. In 2008/09 we have invested £15m in upgrading and introducing new sports facilities, and provided free swims to under 16 year olds and those over 60 at all four leisure centres. More than 100,000 people came to our free community events such as the Town Show, Under the Stars and Bonfire Night.

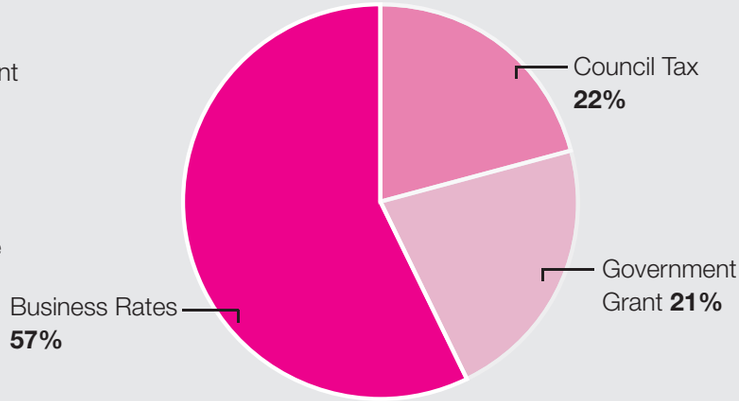
Financial performance - the council's income and expenditure account

The income and expenditure account summarises the council's revenue income and expenditure for all services provided during the year.

How the council pay for your services



Service expenditure



Net spend 2007/08	Income and expenditure account for the year	Gross spend 2008/09	Gross income 2008/09	Net spend 2008/09
£millions		£millions	£millions	£millions
69.7	Children and Education Services	569.1	(352.5)	216.6
71.0	Adult Social Care	109.6	(30.0)	79.6
56.7	Cultural, Environmental and Planning Services	87.1	(17.3)	69.8
(9.2)	Local Authority Housing (HRA*)	155.0	(112.4)	42.6
16.8	Housing Services	408.4	(384.0)	24.4
13.5	Central Services to the Public	104.5	(83.1)	21.4
12.1	Highways, Roads and Transport Services	28.0	(15.7)	12.3
7.0	Corporate and Democratic Core	8.1	(3.3)	4.8
6.9	Other costs	1.9	0.0	1.9
244.5	**Net cost of services**	**1,471.7**	**(998.3)**	**473.4**
45.4	Interest payable and similar charges			50.7
7.4	Other expenses			11.0
297.3	**Net operating expenditure**			**535.1**
	Financed by			
(65.6)	Newham Council Tax income due			(68.9)
(28.0)	Government revenue support grant			(32.3)
(167.0)	Business rates			(178.7)
(0.6)	Other grants			(32.8)
261.2)	**Total income**			**(312.7)**
36.1	**Net deficit for the year**			**222.4**
(16.8)	Reversal of non cash items (such as depreciation)			(220.5)
19.3	**In year reduction in general fund reserve balance**			**1.9**
(36.8)	General fund reserves brought forward from previous year			(17.5)
(17.5)	**General fund reserves carried forward to future years**			**(15.6)**

* Housing Revenue Account (HRA)

Capital expenditure summary

Money spent by the council for the long-term benefit of the community is called capital expenditure. Below is a breakdown of what was spent and where.

Capital expenditure summary	2007/08 £millions	2008/09 £millions
Housing (Social Housing)	86.1	101.1
Children and Young People scheme	13.4	31.1
Corporate schemes	84.3	29.8
Other housing	8.5	7.8
Public Realm*/Regeneration	8.7	6.8
Custom House and Canning Town scheme	9.8	5.8
Culture and community	3.8	5.6
Adult social care	5.7	2.8
Other expenditure	5.3	1.7
Total expenditure	**225.6**	**192.5**
Financed by:		
Borrowing	168.3	117.4
Capital grants and contributions	46.5	52.6
Sale of assets	1.4	11.2
Government grant	9.4	10.7
Capital creditors	0.0	0.6
Total financing	**225.6**	**192.5**

* "Public Realm" deal with maintaining roads and street furniture, controlling traffic and parking, looking after green spaces and trees, collecting waste and recyclables, maintaining public toilets and keeping public areas clean and safe.

The main items of capital expenditure during 2008/09 were:	£millions
Improvement and modernisation of existing housing	97.1
Improvement and modernisation of council office space	24.7
Children's centres	4.8
Private Sector Renewal scheme	4.7
Custom House and CanningTown Project	2.8
Building Schools for the Future	2.0
Modernisation of schools	1.8
Telecare and whole system demonstrator	1.7
Transport for London infrastructure projects	1.4
	141.0

Actual versus budget:

The following table shows the council's budgeted income and expenditure against the actual income and expenditure.

Budget Vs actual 2008/09	Budget £millions	Actual £millions
Service expenditure and other costs	1,269.9	1,270.2
Service income	(983.2)	(998.3)
Total net expenditure	**286.7**	**271.9**
General fund reserve reduction	(6.9)	(1.9)
Other reserves increase	0.0	9.8
Budget requirement	**279.8**	**279.8**

Balance sheet

The assets owned and amounts owed by the council are recorded in the balance sheet.

Balance sheet as at 31st March 2009	£millions
Council dwellings	1,007.3
Other land and buildings	750.6
Plant, equipment & vehicles + other assets	344.6
Money owed to the council at present	266.1
Investments	222.0
Stocks and work in progress	1.4
Pension liability	(393.4)
Money owed by the council	(1,479.4)
Total	**719.2**
Financed by:	
Usable reserves	77.1
Non-usable reserves	642.1
Total	**719.2**

Council housing

The council provides social housing for the community and transactions are recorded in the Housing Revenue Account (HRA).

Housing revenue account	£millions
Income	
Council property rents (gross)	(65.8)
Other income	(40.9)
Total income	(106.7)
Expenditure	
Repairs and maintenance	14.4
Employee costs	41.8
Other costs	36.3
Total expenditure	92.5
Net cost	**(14.2)**
Other adjustments	15.2
Deficit for the year	**1.0**
HRA reserve balance at 1 April 2008	6.3
HRA reserve balance at 31 March 2009	5.3

Housing stock as at 31 March 2009 comprised of:

Houses and bungalows	4,787
Low rise flats	4,221
Medium rise flats	5,452
High rise flats	4,047
Hostels	21
Total	**18,528**

In 2008/09 Newham spent £97.1 million on the improvement and modernisation of existing housing.

Cash flow

Cash flow summarises the council's cash payments and receipts for the financial year.

Cash balance changes in 2008/09	£millions
Cash in	1,549.2
Cash out	(1,540.2)
Overall increase in cash	**9.0**

Environmental sustainability

As a council we are concerned about our impact on the environment, and we are taking continued actions to be environmentally sustainable.

We have completed an analysis of our carbon footprint, the potential to save energy and the opportunities available to help us manage carbon emissions. We are in the process of writing a carbon management plan which will outline all the major savings projects we wish to carry out over the next 5 years.

We have completed the installation of recyclable waste litter bins at rail and tube stations so that recyclable paper and tins can be collected separately from other litter. We are also looking to further improve how we collect household recycling to make it easier for you and even more efficient.

This is a summary version of our accounts. A more detailed version is contained within the 2008/2009 Annual Report, which can be found at **www.newham.gov.uk/annualreport0809**

The Annual Report can be made available in different formats and languages upon request; contact us on **020 8430 2000** or visit **www.newham.gov.uk**

Did you find this document helpful?

If you have any questions, comments or ideas email **chief.accountant@newham.gov.uk** or write to the Chief Accountant, **Newham Dockside, London Borough of Newham, London E16 2QU.**

Adult courses at NewVIc

newvic

www.newvic.ac.uk

Enrol on our wide range of professional and introductory adult courses for September

Enrolment sessions

Plaistow centre
Weekdays: 17 – 20 Aug (10 am - 3 pm)
Evenings: every Mon & Wed, 7 – 16 Sep (5.30 pm - 7.30 pm)

Stratford centre
Weekdays: 17 Aug – 11 Sep (10 am - 3 pm)
Evenings: every Tue & Thu, 27 Aug – 10 Sep (5.30 pm – 7.30 pm)

Courses include:

- Accounting
- Childcare
- Computing and IT
- Electrical
- Event management
- Hospitality
- Management
- Skills for life
- Skills for work

NewVIc Plaistow centre
Prince Regent Lane, London E13 8SG
Tel no: 020 7473 4110

NewVIc Stratford centre
379/381 High Street, London E15 4QZ
Tel no: 020 7540 0680

Fashion @ Newham College

YOU COULD BE A JEWELLERY DESIGNER

Jewellery Manufacturing Pre-Apprentice course @ Newham College

- find out about the jewellery industry and employment opportunities it offers
- learn the technical and practical processes involved in making jewellery by hand – tool making, casting, finishing and polishing
- produce your own jewellery range for a display at the Fashion and Textile Museum

The course starts in September and February, 3 days a week for 18 weeks

Come to our open day 2pm on 8th September at the Little Ilford Learning Zone, 1a Rectory Road E12 6JB

For further information or to apply please call us on: 0845 650 42 44 quoting Fashion or email info@cipsonline.com

Newham College of Further Education · Fashion and Textile Museum · Training Quality Standard · This project is funded by: LSC Leading learning and skills

the newham mag

we've got the whole borough covered

To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

Simon fits the Bill

Ask a resident to name their number one concern and it's likely to be crime and anti-social behaviour. We all want to feel safe – and Newham's newly appointed police Borough Commander, Detective Chief Superintendent Simon Letchford, has a lot of ideas about how to make our streets and homes safer – including a close working relationship with the council.

Mr Letchford, who has 25 years experience, became interested in a career with the Metropolitan Police Service because of positive experiences he had as a boy.

Officers where he lived occasionally visited his youth canoeing group and he got to meet them in non-confrontational situations – something he is keen to promote in Newham.

He said: "When people meet me they often say 'you're not like a normal police officer', generally because of the perceptions people have of the police and things they see on TV. Usually, you only ever have contact with the police if you've done something wrong or there's bad news. I'm encouraging officers to meet the public in non-confrontational situations."

Part of his plan includes higher visibility on the streets and at community events and promoting single patrols. Mr Letchford added: "If officers are always patrolling together they're less likely to engage with the public or the public with them; single patrols mean we can cover more ground."

Mr Letchford joined Newham in 1999. His CV boasts stints at New Scotland Yard and the Home Office and his expertise of dealing with domestic violence has also taken him to South Africa where he shared his training with police there.

In Newham he introduced a unit to deal with serious violent crime. As a result, last year the borough achieved the highest volume reduction for serious youth violence and knife-enabled crime and the highest robbery reduction in the Met.

His priorities are clear: reduce violent and property crime and increase public confidence. He divulged: "For us, the priorities are things that could have an effect on someone's life. If you've been burgled or robbed, it's something that stays with you forever. Losing your 'sat nav' isn't going to affect you for years to come.

"Too many resources are put into secondary investigations. If we could prevent those crimes we'd have a lot more officers on the street patrolling. That's why we need to work seamlessly alongside the council.

"People aren't sure who they should be telling what. We need to improve public confidence around anti-social behaviour, alcohol misuse and crimes like litter and graffiti, stuff that makes people feel unsafe."

In October the council's new team of 51 street scene enforcement officers hit the streets, working alongside his officers.

He explained: "I don't see the teams as two separate functions; what you'll have is a lot more uniform presence, police, council staff and Police Community Support Officers. The more uniforms around, the less likely someone is to commit crime."

You quiz the Borough Commander

I am fed up of being constantly kept awake by police sirens in the evenings. Can officers be instructed to exercise restraint when close to residential areas? ***Mr Modhvadia***

"Every police driver is thoroughly trained about the use of warning equipment. Officers only use sirens when passing 'risky' areas, such as when driving past traffic lights. I often undertake night duties and can assure you my officers are very mindful of disturbing residents. However, the safety of the public and my own officers must remain the priority."

What role are Neighbourhood Watch schemes intended to play in crime prevention? ***Mr O'Brien***

"Safer Neighbourhood Teams are re-promoting the use of Neighbourhood Watch. Residents can get crime prevention advice and work together to identify people in their area who may be committing crime."

Are there any legal rules to deal with neighbours whose children are a menace? ***Ms Sethi***

"Conflict and Change, based in East Ham, can provide advice and try and resolve issues between neighbours. Ongoing problems should be referred to your Safer Neighbourhood Team. Threats of assault or violence are criminal offences for the police to deal with."

Some months ago my property was broken into and occupied by a criminal family, who were eventually evicted. How can I safely secure my house and should this happen again, would the police be able to get them out immediately. ***Ms Walker***

"A lot of burglaries in Newham are because people leave doors or windows open or fit insecure locks; all Safer Neighbourhood Teams can provide basic crime prevention advice. I always recommend fitting good quality locks and windows.

"If you're living in a property and someone forces entry they can be removed by the police, but if the property is empty different laws apply and you may need legal advice."

Meet the Borough Commander at the Newham Community and Police Forum meeeting at 7pm on Thursday 10 September at Newham Town Hall.

UNDER THE STARS
CELEBRATING 10 YEARS OF FREE LIVE MUSIC

FREE

A stellar line up for Under the Stars

Big name bhangra bands, the sweet sound of Motown, top classical vocals – it can all only mean one thing: the return of Newham's free music event, Under the Stars, from 3-6 September in East Ham's Central Park on High Street South.

In association with

O2 Westfield

With a stellar line up worthy of the event's ten year anniversary, this year's Under the Stars in Central Park promises to be four nights of memorable music. And with an under 5s' picnic and children's party, there really is something for everyone.

Mayor Sir Robin Wales said: "While others are charging for their music events, Newham continues to provide free entertainment for all. And there really is no other free event like it in London – where else can you see the internationally renowned Royal Philharmonic Concert Orchestra, huge emerging artists like Miss Pooja and Elouise along with established talent like Malkit Singh? Under the Stars is a wonderful way to bring Newham together."

Check out the line up and make a date in your diary:

Come Dancing With Us

Thursday 3 September
7-10.30pm

Swing, stomp, jump and jive to the big band beats of The Puppini Sisters, Sticky Wicket with their sound that's toured the world, the six-piece Sugarfoot Stomp, plus jive lessons from Maddy's Jive School and dance demos from the GI Jitterbugs.

Come dressed in your 1940s best and be prepared for an evening of nostalgia. The very glamorous Puppini Sisters (left) are a musical trio specialising in 1940s harmony with a modern twist that's wowed audiences both here and across the water. Be prepared to swing out to these sisters!

Presenting Miss Pooja and Malkit Singh

Friday 4 September
7-10.30pm

Featuring Miss Pooja (right), Malkit Singh and special guests. The latest Punjabi sensation Miss Pooja has caused a storm on the bhangra scene. She's rocked Canada and America and now makes her debut in Central Park. *Jaan to Piyari*, her debut album featuring Darshan Khela, was released in January 2006 and since then she has released a number of successful albums.

Malkit Singh MBE (left) is the undeniable king of the bhangra scene and makes a welcome return to Under the Stars. Well known for such classics as *Gur Nalo Ishq Mita* and *Tootak Tootak Tootiyan*, Malkit's high energy bhangra makes this one night you won't want to miss.

Virsa Punjab Dancers

One of the largest traditional bhangra and dhol groups in east London, Virsa Punjab (above right) have performed at some of the most prestigious events around the UK.

Under 5s' picnic

Friday 4 September
12noon - 3.30pm

An afternoon of fun and entertainment. Bring along a picnic and join in the fun with Yoga Tipi and The Mojo.

Celebrating 50 years of Motown

Saturday 5 September
7-10.30pm

Are you ready for a brand new beat? Catch the latest diva to hit town, Elouise (right), and her nine-piece band. Elouise promises an evening of big diva sounds and all the glamour of the glorious Motown years. The London-based singer, who is getting interest from American producers working with Kylie Minogue, will be performing classics from the likes of Shirley Bassey and Diana Ross.

The Magic of Motown comes to Central Park with the sounds of Motown's greats including the Temptations, Diana Ross, Stevie Wonder, the Jackson Five and lots more. Be prepared for a very special evening!

Children's party

Saturday 5 September
12noon - 3.30pm

Join The Mojo and dance to the sounds of African drumming at this fun-filled afternoon.

The Royal Philharmonic Concert Orchestra

Plus fireworks finale
Sunday 6 September 7-10.30pm

The Royal Philharmonic Concert Orchestra continues to delight audiences worldwide and has worked with internationally renowned artists including the late Luciano Pavarotti, Dionne Warwick and Stevie Wonder.

With special thanks to Westfield and 0^2 for supporting this year's Under the Stars.

Health care for the homeless

You don't have to be on the street to be homeless. The most vulnerable people in our borough have particular health needs, so NHS Newham treats them with particular care.Homeless people are one such vulnerable group, and there are several ways they can access healthcare and help in Newham.

Registration with a doctor

Two GP surgeries offer registration for homeless people. The team will register anyone who has difficulty accessing care, with no questions asked. Proof of address is not needed.

As well as registration, the surgeries offer health promotion, minor illness and injury treatment, chronic disease management, vascular risk assessment (for possible heart problems) and smoking cessation. If there is a need for referral to further care this can be done easily. Influenza (flu) vaccines are offered in season.

These surgeries are at the Centre, 30 Church Road, Manor Park, E12 and the Vicarage Lane Centre, 10 Vicarage Lane, London E15.

Clinics

There are also three clinics run from homeless drop-in centres where food and, in some venues, washing facilities are provided. No appointment is needed to access healthcare at the clinics, but clients needing further assistance will be referred to one of the surgeries (see above).

The team also offers a psychologist and welfare officer. Proof of address is not needed.

Clinics are on:

- Mondays
  11am-2pm at St Fidelis Friary, Killip Close, Canning Town E16
- Thursdays
  8.30-10.30am at Emmanuel Church, Romford Road, Forest Gate, E7
- Saturdays
  8.45am-12noon at The Bridges, Memorial Community Church, 395 Barking Road, Plaistow, E13

All homeless people are welcome. Religious, educational and other services may also refer homeless clients to these services. If you work with homeless people and would like more information on making referrals, please call Jacquie Liddle on 07535 712847 or 020 8553 7460.

Ramadan

1430
2009

RAMADAN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
AUG/SEPT	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
DAY OF WEEK	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
SEHRI ENDS	4.07	4.09	4.11	4.12	4.14	4.17	4.19	4.21	4.23	4.25	4.27	4.30	4.32	4.34	4.36	4.38	4.40	4.42	4.44	4.46	4.48	4.50	4.52	4.54	4.56	4.57	4.59	5.01	5.03
FAJR JAMAT	4.27	4.29	4.31	4.32	4.34	4.37	4.39	4.41	4.43	4.45	4.47	4.50	4.52	4.54	4.56	4.58	5.00	5.02	5.04	5.06	5.08	5.10	5.12	5.14	5.16	5.17	5.19	5.21	5.23
IFTAR TIME	8.12	8.10	8.08	8.06	8.04	8.02	8.00	7.57	7.55	7.53	7.51	7.48	7.46	7.44	7.42	7.39	7.37	7.35	7.33	7.30	7.28	7.26	7.23	7.21	7.19	7.16	7.14	7.12	7.09
MAGHRIB JAMAT	8.17	8.15	8.13	8.11	8.09	8.07	8.05	8.02	8.00	7.58	7.56	7.53	7.51	7.49	7.47	7.44	7.42	7.40	7.38	7.35	7.33	7.31	7.28	7.26	7.24	7.21	7.19	7.17	7.14
ISHA/TARAWI	9.45	9.45	9.45	9.45	9.45	9.45	9.45	9.45	9.45	9.45	9.30	9.30	9.30	9.30	9.30	9.30	9.30	9.30	9.30	9.30	9.15	9.15	9.15	9.15	9.15	9.15	9.15	9.15	9.15

Beginning & ending of Ramadan is subject to the sighting of the Moon. Dua for breaking the fast: ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ، وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللهُ "Thirst has gone, the veins are moistened and the reward is certain, if Allah wills." Timetable data provided by ELM 020 7650 3000

start of fast · daily prayers · breaking of fast

Calligraphy reads: Fast for good health" Download this calendar: **eidinthepark.com**

Ramadan is the best time to give up smoking...

- If you are not well, you may not need to Fast.
- Please consult with your GP and your local Imam.
- The month of Ramadan is an opportunity to bring a balance back to your health, to have a healthy mind and body.
- Suhoor, should be a wholesome, moderate meal that is filling and provides enough energy for many hours.

Iftar, could include dates, fruit juices. The meal should not become a feast full of fried savouries and sweets. The diet should be simple everyday diet.

Newham London

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MAKE A DIFFERENCE TO SOMEONE'S LIFE

Turn the clock back a few decades and attitudes towards people with disabilities were very different from today. Thankfully, disabled rights activists and equal opportunities legislation have changed the way people with disabilities are treated and the emphasis has shifted from segregation to integration.

People with support needs are no longer confined to life in a residential home but are encouraged to be independent and part of the community. This is at the heart of a new scheme called Newham Shared Lives, which is inviting residents who think they could open their homes, and hearts, to adults with learning disabilities to get touch.

What is Newham Shared Lives?

Newham Shared Lives Scheme is a housing service with a difference. It provides accommodation and support for adults with learning disabilities who live in the homes of individuals and families in the community. Placements range from short breaks, for respite, or long-term arrangements.

What can you expect?

As a Shared Lives carer you may help with duties including meal preparation, laundry, personal care, support with financial management and assistance with or monitor medication. You'll be required to undergo a CRB (Criminal Records Bureau) check and be interviewed by the Shared Lives Scheme who'll also visit your home before you're registered. References are taken and final approval for carers is from the Shared Lives panel. You'll always have the opportunity to meet a prospective person before you commit so you can both decide if you're suited. The registration process can take up to 6 months to complete.

Who can participate?

As long as you have a spare room, anyone can take part, regardless of whether they're home owners or renting, although a letter of consent confirming there are no arrears is needed from the landlord or mortgage lender. You don't need to have experience of working with people with learning disabilities, just a willingness to invite someone into your home.

What do you get?

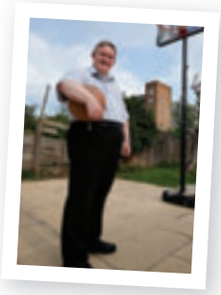
You'll receive an allowance for the support you provide and a contribution towards the household bills from the person placed with you. Rent is also paid, usually through Housing Benefit. Extra allowances can be paid for additional services provided, eg day care. You'll receive preliminary and ongoing training and will be supported by the Shared Lives scheme team. Full-time carers receive four weeks paid respite relief annually.

The Newham Mag spoke to carer Paula Connolly and Ian Saul about how the scheme has enhanced both their lives.

Paula lives with her husband, two children and Ian, who became a part of her family nine years ago after his foster mother became too infirm to look after him. Paula's children were quite young and it wasn't a decision taken lightly; the family met two other people before Ian, who they knew would fit right in.

Ian is part of the family. The relationship between the two is one of friendship, respect and understanding. Paula cooks for Ian, although he's encouraged to lend a hand, and assists with some personal care. She also helped him track down his birth family and as a result Ian has made contact with his sister.

Ian is very independent and has a busier social diary than most. His weekly activities include bowling, drama, bowls and swimming and his trophy cabinet is heaving with sports prizes for pool, tennis, golf and swimming. He attends day care sessions and enjoys going on trips and outings. He used to work in a lampshade factory and would like to get another job; he's had work experience at Asda, Stratford Circus and at Broadway Theatre, Barking, as a steward, where he'll be making his stage debut later this year.



From meeting the two it's clear that Paula isn't just Ian's carer, she his companion too. She let's slip that Ian's turning 40 this year and she plans to have a big party to celebrate his milestone.

Want to know more?

You can find out more about the Shared Lives Scheme by calling: **020 8250 7397** or emailing **anna.mcewen@newham.gov.uk**

Ian Saul at home

Discover Debden

Considering we're in London, Newham has its fair share of green spaces, from the leafy 'burbs of Beckton to the plains of Wanstead Flats. Even so, as city dwellers, the countryside can sometimes seem like an exotic place but it's closer than you think.

Debden House and campsite are a short car journey or a few stops on the Central Line away. The former farm is owned by Newham Council and for more than 60 years has been a welcome retreat for hundreds of thousands of visitors who enjoy the 50 acre expanse in the heart of Epping Forest. With seven fields, renowned fire pits, electricity, children's play areas, toilets and hot showers, if you love the great outdoors you'll adore Debden.

Do Debden

Although there is an initial outlay for equipment such as a tent and sleeping bag, camping is super value for money and the perfect getaway as the credit crunch continues to bite. The site at Debden has the bonus of being close by and Newham residents get a discount with proof of residency. Overnight adult prices are £6 and children under-16 pay £3; the maximum family charge is just £17.50. The site is secure and has 24-hour security. Day trippers can bring their own food and enjoy a BBQ in the fire pits, and the idyllic surroundings, for £2.50 per person. The site can accommodate up to 800 pitches.

Some history

The land and Debden House, which is a listed building, were acquired by East Ham Council in 1947, who wanted to use the facility for adult education courses, a use it still holds today. The vast grounds and Epping Forest made a perfect holiday retreat and in the 1950s the campsite attracted as many as 3,000 tents at peak times.

Perfect pitch

For more information about camping at Debden House call: **020 8508 3008**, email info@debdenhouse.com or visit the website: **www.debdenhouse.com/Campsite**

Did you know?

> Debden was named as one of the Guardian's British and Irish 50 favourite campsites.

Newham London

Adoption

Change a child's future

Call Newham Fostering and Adoption Service on 0800 0130 393 to find out more.

www.newham.gov.uk/adoption

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The child pictured on this poster is a model

Vote for your favourite FREE school meal

It's almost time for children to go back to school and every parent knows what a strain on the purse that can be. But remember: parents of primary school children in Newham won't have to pay for school meals this September.

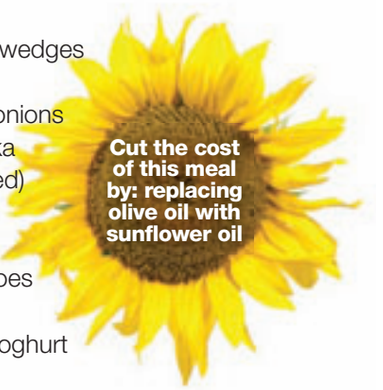
In Newham, we've eased the burden on hardworking families with the introduction of free school meals for all primary school children, meaning your child can enjoy a delicious hot nutritious meal that's cooked with care by our dedicated school cooks.

Now you can put their taste buds to work by discussing their favourite dish from their schools' menu and casting a vote for Britain's most popular school meal – you could win one of ten £10 Argos vouchers. The competition winner will be declared during National School Meals Week – find out more below.

Newham Schools' Spanish chicken with rice (serves six)

Ingredients

300g diced chicken
100g potato, cut into wedges
2 teaspoons olive oil
200g finely chopped onions
1/2 tablespoon paprika
2 cloves garlic (crushed)
75g frozen sweetcorn
75ml chicken stock
350g chopped tomatoes
50g mixed peppers
2 teaspoons natural yoghurt
325g rice



Method

1. Heat one teaspoon of oil and fry the chicken until golden. Keep to one side in an ovenproof dish.
2. Add the remaining oil to the pan with the onions and cook for a few minutes till soft. Add paprika and garlic and cook for another minute.
3. Stir in sweetcorn, chicken stock, potato wedges, tomatoes and peppers. Bring to the boil and pour over the chicken. Season with salt and pepper – not too much salt!
4. Cover and cook in a pre-heated oven at 180°/Gas mark 4 for 45 minutes.
5. Stir in yoghurt before serving.
6. Serve with boiled rice.

Love your school dinners? Vote for Britain's most popular school meal. The winner will be decided during National School Meals Week in October. Follow this link and cast your vote: www.iloveschoolmeals.co.uk and click on the Vote 4 Top Lunches tab.

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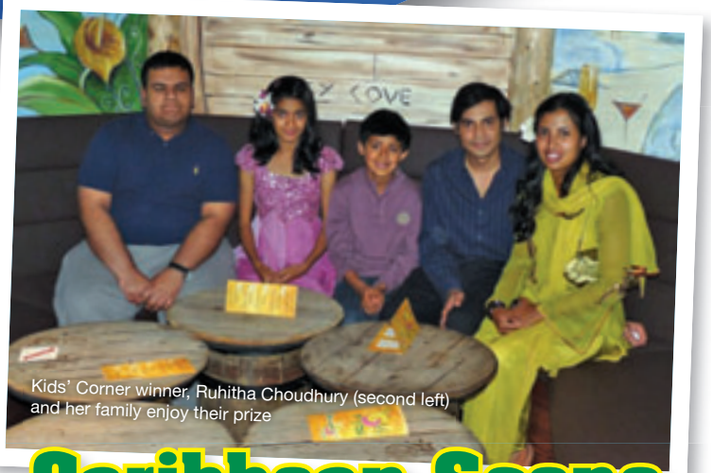
NEWHAM
» IN FOCUS

Deputy Mayor Cllr Christine Bowden meets children, parents and staff from Beckton's Richard House

Summer festival fun at Richard House

Deputy Mayor Councillor Christine Bowden opened the summer festival at Beckton's children's hospice, Richard House. The hospice invited families and children, past and present, as well as the local community and businesses to a fun-packed day. Dancers, performers and story tellers entertained children, while stalls provided delicious food from all over the world.

Richard House hospice offers care to children with life limiting and life threatening conditions from ages 0-19 years old. It is registered charity number 1059029.



Kids' Corner winner, Ruhitha Choudhury (second left) and her family enjoy their prize

Caribbean Scene welcomes winners

Ruhitha Choudhury, one of our Kids' Corner competition winners, and her family enjoyed a delicious dinner and a great night out, courtesy of Stratford's Caribbean Scene restaurant. Ruhitha was just one of our many talented Kids' Corner winners; the Newham Mag would like to thank Caribbean Scene for its generosity to all the winners.

Check out our new prize on page 32.

Don't wait to donate, give blood now

The National Blood Service is asking donors not to put off donation and give blood now. With the summer holidays in full swing many people are away on holiday, which can lead to a dip in blood stocks at this time of year.

Give blood on Monday 24 August, between 2 and 4pm or between 5 and 7.30pm at the Large Hall in Newham Town Hall, East Ham.

East Ham toddlers are Cheeky Chimps

Parents in East Ham have been giving up their time so that pre-schoolers have a safe and friendly environment to play and make new friends. Cheeky Chimps toddler group at the Well Community Centre on Vicarage Lane, East Ham, is run by volunteers and provides little ones with a fantastic range of activities, including a garden with slides and a climbing frame, sand and water play, a trampoline, tricycles, arts and crafts, reading, dressing up, cars and garages, a play house and kitchen, soft play and even a healthy snack to keep energy levels up! Babies are even catered for with a 'soft' area. And while little ones are entertained, parents have an opportunity to make friends and enjoy a cup of tea or coffee.

The group is currently seeking funding to cover costs; without this, sessions will not continue past Christmas. If you are interested in offering help as a funder or in sending your child to the autumn sessions, please contact Jennie on 020 8470 5648. Cheeky Chimps will start up again from 2 September on Monday and Wednesday mornings, 9.30-11.30am and costs £1 per child, per session.

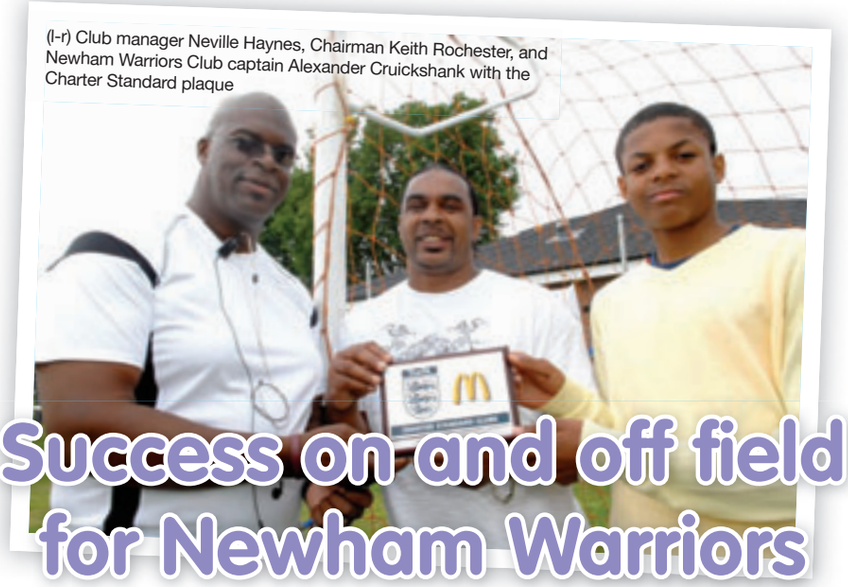
(l-r) Tessa Sanderson CBE, Cllr Unmesh Desai, Sir Robin and Cllr Christine Bowden meet the athletes

Indian athletes choose Newham to train

The very best of India's track athletic stars have chosen Newham as their home for six weeks to prepare for the 2009 world athletics championships in Berlin.

The group of 60 athletes from the Indian Athletics Federation will use Newham Leisure Centre in Plaistow as their base for training while getting used to the European summer.

This is the team's second visit after being wooed by the world class training facilities in the leisure centre last year. The athletes will train with Olympic champion Tessa Sanderson CBE and the Newham Sports Academy in preparation for the world athletics championships, held in Berlin from Saturday 15 to Sunday 23 August.



(l-r) Club manager Neville Haynes, Chairman Keith Rochester, and Newham Warriors Club captain Alexander Cruickshank with the Charter Standard plaque

Success on and off field for Newham Warriors

Newham Warriors Football Club has had a truly memorable year. Off field, as you may have read in issue 175, the club was recently awarded Charter Standard status. The award means that Newham Warriors has achieved the quality mark in terms of offering qualified coaches, child safety policies and codes of conduct to provide organised football in the community. On-field, three of its five age groups have been successful in cup finals this year. The under-13s also won their league and the under-14s got promoted. Since its formation through parent organisation Dads & Lads in 2001 the club has grown to have more than 70 players.

Going into the new season Newham Warriors now trains under-12s, under-13s, under-14s, under-15s and a senior team. A sixth age group, under-16s, is currently being formed and there is still a possibility of a girls' team.

For more information about Newham Warriors visit www.newhamwarriors.co.uk or call 07919 888188 or 07956 398494.

Charity screening of Oscar-winning Slumdog Millionaire

On 30 August there will be a special screening of Oscar-winning Slumdog Millionaire (certificate 15). Tickets for the film are £2, and all the money raised will be donated to Plan, a charity that brings running water to children in Niger, west Africa. Plan is working with the local community to provide it with better access to water and sanitation as well as teaching local people about good hygiene.

We will have volunteers from Plan on site to answer questions about their work with Stratford Picturehouse and with the slums in India. Following the screening, we will also have live music in our bar and a General Knowledge Quiz with some great prizes on offer. The quiz will start at 4pm. Tickets for the quiz cost £1, which will be donated to Plan.

The charity screening will take place on Sunday 30 August at 1.30pm. Tickets are available now, and can be booked online at www.picturehouses.co.uk or by calling 0871 704 2066.

For further information about our work with Plan, or to make a donation please visit www.picturehouses.co.uk/water

LINk in with health and social care

Would you like a greater say on health and social care issues in Newham and the opportunity to influence change? Why not think about becoming a Newham LINk Leadership Board Member?

Newham LINk is the Local Involvement Network for Newham, set up by the government to enable local people to monitor, influence or change the way their local NHS and social care services are planned, developed, purchased and delivered. As a board member, you will be offered free training and expenses paid in relation to any activity undertaken on behalf of Newham LINk.

The closing date for nominations is 4 September. All 14 board members are elected by Newham LINk members. They should have the experience, knowledge and skills to represent the local community at both strategic and grassroots level. To run for election you must be a LINk member. Complete the membership form online at www.newhamlink.org.uk or by post. Call 020 7473 9512 or email rouksana.dyer@bemccf.org.uk for a copy.

For more information call 020 7473 9512 or email rouksana.dyer@bemccf.org.uk

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

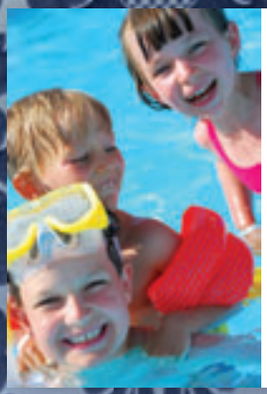
GALLERY

Nickei Skeete, 12

Grace Raji, 9

Shanjey, 8

Tan-ty Wood, 8



Win a family day pass to The Quad Club!

Splash around in the pool at The Quad Club with four, one day passes plus two beauty treatments for mum and dad. If you'd like a chance to win this fantastic prize send your pictures, jokes and poems to:

Kids' Corner

West Wing, 4th floor, Newham Dockside, 1000 Dockside Road, London E16 2QU

Don't forget to write your name, age, address and contact telephone number on your entry - good luck!

The Quad Club, Crowne Plaza London - Docklands, Royal Victoria Dock, Western Gateway E16 1AL thequadclub.com

Crossword

Across

1. Craftsman who uses wood (9)
5. Some people eat ____ and eggs for breakfast (5)
6. Carpets are laid on top of them in houses (6)
8. Money paid to workmen (5)
10. Lowest room in a house (6)
11. Computer printers can use up a lot of this fluid (3)
12. Well-off (3)
13. It has a yolk (3)
14. Word spoken at the end of some prayers (4)
15. Fine powder which gathers on furniture (4)
16. People can cook on it (5)
17. Ready to be eaten (4)
19. Part of a bookcase or cupboard (5)
21. Top floor of a house (5)
22. Dwarfs used as garden ornaments (6)

Down

1. Putting on different clothes (8)
2. Different parts of a house (5)
3. Small, metal spikes used by joiners (5)
4. Britain is part of this continent (6)
7. Quiet (7)
9. These are used by painters (7)
10. One person sits on it (5)
11. House made of ice (5)
15. Re-arrange SIGNED to make another word for 'a drawing' (6)
18. It can be matt or gloss (5)
20. Devices with rotating blades which provide ventilation (4)

Poem

Winner

My brother the rapper is 18 today
Celebrating his day on 18 May
When he starts rapping and yapping away
There's no chance to ask him what did he say

Ah! Ho! Ho! Ho! Ha! Ha! Ha! Ho! Ho! Ha! Hee!
A cheeky big 18 but where had he been
When he was 16 he was ever so lean
With legs so short they could hardly be seen

Now that he's grown up he thinks he's a man
You tell him "no drinking", he says "yes I can"
You ask him his age and he tells you his name
"But why?" You would say. He says: "Both are the same"

He says when he grows up he won't be a fool
For studying physics was ever so cool
His artwork presented was always maked 'good'
And he tackled the science that no one else could

He aimed a degree at Master of Arts
And a music career on Top of the Charts
A tough top judge was his aim for a job
And the reason for that was to lock up the yobs

But then as a spell on the Dole took its toll
And the sweetness of leisure drew close to his soul

He stays in his room telling lies on his head
Till Mum comes shouting "Tyler-Jedd, Tyler-Jedd, get out of bed"

He said "Nanny, you know what, I'll be a good boy
Give me a brush and I'll paint up your wall
Since the dream of one's earnings is now in the past
Then it makes no sense to sit on one's task"

Big Brother's Birthday Tribute
By Lutez Eighteen, 13

YOUR SPACE

where young people take control

Got something to shout about? Email your ideas to newham.mag@newham.gov.uk

GET HIRED!

Young people on the Get Hired! course

Twelve young people took part in a Newham Council Summer School Course called Get Hired!, run by Oakley Adventures and funded by the Jack Petchey Foundation.

The programme used a range of techniques, including outdoor activities, to inspire participants and foster entrepreneurialism and business skills.

Young people interviewed four inspiring role models including Councillor Kevin Jenkins from Community Links, the head of change management for a major global bank, a self-employed global expert on outdoor adventure courses and Mr Jack Petchey himself.

Here's what some of them had to say about it:

Daniel Ratcliff, 17, Forest Gate

I really liked meeting Jack Petchey. He said he learned to work hard and look after himself from a young age and I related to that as I am just starting out in life. What he said really helped me to believe in myself.

Leila Jassal, 12, Stratford

I think the impact it will have on me in the future is making me think about how I could be more generous to people.

My goals for the future are running my own dance school and this experience has helped me to think that I can achieve this if I put my mind to it!

Grace Jenkins, 15, Stratford

I like to think of myself as a high achiever but wanted to learn from others what it takes to make it all the way.

Mr Petchey's advice that "if you say you can, you can; if you say you can't, you can't" really struck a chord with me. I will never forget my experience on this course.

Lillian Jenkins, 12, Stratford

I did this course because I wanted to face my fears – like heights, water and the dark – by doing all the activities.

The impact the interview will have on my future? I will remember that I should never give up and I should always try my hardest.

Get Hired! was part of the council's huge and exciting Summer School programme. Look out for more free activities between 25 and 30 October – brochures are available from libraries and Local Service Centres.

WHAT'S ON?

FOUR PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

21 AUG – 4 SEP

ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under 5s with their parents/carers.

Storytelling
Beckton Globe
Friday 10-11am
Canning Town
Monday 10.30-11.30am
Custom House
Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich
Thursday 2-3pm
Plaistow
Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 2-3pm

Crafts Club
Manor Park
Tuesday 10.30-11.30am

Toy Library
Beckton Globe Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon

Imaginative Play
East Ham Friday 10.30-11.30am

ADULT READING

Adult Reading Group
The Gate Tuesday 1 September 6.30-7.30pm
Plastow Thursday 3 September 6.45-7.45pm

Over 50s Reading Group
Beckton Globe Tuesday 1 September 9.45-11.45am

Gujarati Reading Group
Green Street Thursday 27 August 2-4pm

OTHER GROUPS

Over 50s Club
Beckton Globe
Tuesday 9.45-11.45am

Click-On
East Ham Friday 10am-12noon and 2-4pm
Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries
East Ham Friday 4pm-5pm
The Gate Thursday 10am-12noon

Writers' Group
The Gate Tuesday 25 August 5.30-7.30pm

YOUNG PEOPLE

Summer Reading Challenge: Quest Seeker' Clubs – for children aged 4 to 12.
Beckton Globe
Thursday 4-5pm
Canning Town Saturday 10-12noon
Custom House Saturday 10-12noon
East Ham Saturday 10am-12 noon
The Gate Thursday 4-5pm
Green Street Tuesday 4-5pm
Manor Park Saturday 10-11noon
North Woolwich Thursday 3.30-4.30pm
Plaistow Thursday 4-5pm
Stratford Monday 4-5pm

Summer Reading Challenge: Quest Seeker Specials – Sessions with Writer in Residence Mark Norfolk for children aged 8 to 12.
Plaistow Tuesday 25 August 10-11am
Stratford Wednesday 26 August 10-11am

Football Fiction – Meet Writer in Residence Mark Norfolk, write or read book reviews and play interactive games all about football. For children aged 8 to 12.
The Gate Saturday 29th August 10.30am-12 noon

Games Club – For children aged five to 12.
Custom House
Friday 10am-5pm
East Ham
Tuesday 3.30-5.30pm
Manor Park
Wednesday 10am-5pm

Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.
The Gate Saturday 29 August 2.30-4pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.
Beckton Monday and Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12 to 21.
The Gate Friday 6-8pm

Stratford Playerz
Stratford Thursday 27 August 5.30pm-7.30pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881
Community Outreach Services
For more information call 020 8586 6541

SPORTS PROGRAMME

Sessions are open to 8-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham.com/2012Games. See venue code on opposite page.

Athletics
Every Friday 4.30-6pm 8 to 19 years, **DF**

Basketball
For ages 8 to 19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)
Monday 3-5pm, **WP**
Monday 7-9pm, **FC**

Youngbloods Basketball Club
For more information please contact Caroline Charles 07958 307 657 or Steven on 07940 111 175.
Tuesday 6-8pm, under-15s and under-14s, **EH**
Tuesday 8-10pm, under-18 and under-16 boys, **EH**
Tuesday 5.30-7.30pm, under-16s and under-15s, **NL**
Thursday 6-8pm, under-15 boys national league, **NL**
Saturday 1-3pm, under-13s and minis, **EH**

Cricket
Thursday 5-7pm,
8 to 16 years
Newham Cricket Club
Langdon School
£1 per session
Tuesday 5.30-7pm,
8 to 19 years, **SC**
Thursday 4.30-6pm,
8 to 19 years, **DF**

Football
Monday 6-8pm, **PP**
Tuesday 5.30-7.30pm, **LI**
Tuesday 5-7pm, **ST**
Tuesday 5-7pm, **PC**
Wednesday 4.30-6.30pm, **RV**
Wednesday 5-7pm, 8 to 19 years, **ST**
Wednesday 7.30-9.30pm, 16+ years (£2 charge), **SC**
Thursday 5-7pm, **SC**
Thursday 6-8pm, **FG**
Friday 4-5.30pm (term time only), **SJ**
Friday 6-8pm, **PR**
Saturday 2-4pm, 6 to 14 years (£3 charge), **SC**

Ascension Football Academy
For more information please contact Louise on 07841 749 292.
Saturday
School years R to 3: 9.30-10.30am
School years 4 to 7: 10.45-11.45am
School years 8 to 11: 12noon-1.30pm
£2.50 per session
King George V Park

Newham All Star Sports Academy (NASSA)
For more information please visit www.nassa2012.org.uk
Monday 6-7.30pm 12-16 years mixed; 7.30-9pm 18+, **NL**
Tuesday 4.30-6pm at **SB** (girls 11 to 16)
Thursday 6-8pm
CS, mixed (11 to 16 years)
Friday 16.15-15.30 (mixed 8 to 11years) 3.30-7.30pm (mixed 12 to 16years), **CS**
Saturday 11am-1pm
SB, (mixed 8 to 11years)

Estates Football and Basketball League
Monday 6-8pm, under-14s and under-17s, **SC**
Tuesday 5.30-7pm, under-12s and under-14s, **DF**
Friday 6-8pm, under-14s and under-17s, **LM**

Newham Swords Fencing Club
Thursday 6-8.30pm
Kingsford School
Friday 6-8.30pm
Lister School
Ages 8 to 18 years
Mini-fence sessions for 5 to 7 year olds
For more information call Linda on 07956 618 898

Football and Basketball
Monday 3-5pm
Winsor Park
Wednesday 5-7pm
New Beckton Park Ball Cage
Wednesday 4.30-6.30pm, **FP**
Wednesday 6-8pm, **PL**
Thursday 4.30-6.30pm, **PR**
Thursday 5.30-7.30pm, **BR**
Friday 5-7pm, **LG**
Friday 5-7pm, **CT**

Multi-Sports
Monday 5-7pm,
8 to 19 years, **LP**
Monday 5-7pm,
8 to 19 years, **AS**
Tuesday 4-5pm, **CD**
(term time only)
Tuesday 5-7pm,
8 to 19 years, **ST**
Wednesday 4-5pm, **CD**
(term time only)
Wednesday
5-7pm, 8 to 19 years, **TC**
Wednesday 5-7pm, **ST**
Wednesday 4-6pm, 10 to 19 years, **CP**
Wednesday 5-7pm, 8 to 19 years , **MR**
Thursday 5-7pm,
8 to 19 years, **TC**

Eastlea Handball Club
Thursday 4-5pm
11 to 18 years
Eastlea School
Thursday 5-6pm 4 to 11 years
Eastlea School

Stratford Handball Club
Monday 3.15-4.15pm
11 to 18 years
Stratford Secondary School
Monday 4.30-5.30pm
4 to 11 years
Stratford Secondary School

16+ schedule
Monday
Non Contact Boxing
Little Ilford Youth Centre,
Rectory Road, Manor Park
E12 6JB
6.00-8.00
AIR Football, **ST**
7.00-9.00
Twilight Football
Kingsford Community School
Kingsford Way Beckton E6 5JG, 6.30-8.30
Call Martin Tilbury on 020 8522 5778 for more information

Tuesday
Non Contact Boxing
Shipman Youth Centre,
Prince Regents Lane Custom House E16 3JH (closed for refurbishment) 7-9pm.
Call 020 8476 1189 for more information
Football
Gallions Primary School
Warwall Beckton E6 6WG
3-4.30pm
Table Tennis
Britannia Village Youth Centre, 65 Evelyn Road West Silvertown E16 1TU
5.30-7.15pm
Call Vicky Parver on 020 7476 1252 for more information

Wednesday
Non Contact Boxing
Britannia Village Youth Centre, 65 Evelyn Road West Silvertown E16 1TU, 6-8pm
Basketball, **WP**, 7-9pm
East Potential Football, **ST**, 5-9pm
Twilight Football
Kingsford Community School, Kingsford Way Beckton E6 5JG, 6.30-8.30pm

Thursday
Non Contact Boxing
& Table Tennis
Priory Park Youth Centre
6-8pm
Table Tennis, **WP** (closed for refurbishment) 5-7pm
Football, **WP**, 5-7pm
Call Paul Lemonius on 020 8586 7043 for more information.

Friday
Non Contact Boxing, **WP** (closed for refurbishment) 6-8pm
AIR Football, **ST**, 7-9pm
Twilight Football
Kingsford Community School
6.30-8.30pm

Boxing
East Ham Boleyn ABC
East Ham WMC, 2 Boleyn Road E6 3DP
07958124144
Daniel Penny
Monday , Tuesday, Wednesday 5-6pm
West Ham Boys ABC
The Black Lion, 59-61 High Street, Plaistow E13 0AD
020 8472 3614
Lianne Jameson
Monday, Wednesday, Friday 5-6pm
Peacock ABC
Caxton Street North
Canning Town E16 1JL 020 7511 3799
Martin Bowers
Monday, Wednesday, 6-8pm
Newham Boys ABC
Old Bath House
141 Church Street
Stratford E15 1SE
020 8519 5983
Ravinder Atwal / Joe Chapman
Monday, Wednesday, Friday, 6-7.45pm
Fight For Peace
Woodman Street
North Woolwich
London E16 2LS
020 7474 0054
Louise Brown
Phone for session details

Contact any club before visiting.

Venue Addresses
AS *Alma Street MUGA Stratford E15*
BR *Barking Road Rec Burges Road, East Ham E6*
TC *The CAGE (Chatsworth Active Games Enclosure) Cruickshank Road, Stratford E15*
CP *Cann Hall Park Off Cann Hall Road, E11*
CT *Canning Town MUGA Corner of Freemasons Road and Sophia Road, E16*
CD *Carpenters and Docklands Centre 98 Gibbins Road, Stratford E15 2HU*
CS *Cumberland School Sports College Oban Close, Plaistow E13 8SJ*
DF *Drapers Field Temple Mills Lane, off Leyton High Road, E15*
EH *East Ham Leisure Centre 324 Barking Road, East Ham E6 2RT*
FP *Ford Park, Canning Town, E16*
FG *Forest Gate Youth Centre Woodgrange Road, E7*
FC *Froud Centre Toronto Avenue, Manor Park E12 5JF*
LP *Langthorne Park Off Leytonstone High Road, E11*
LM *Leyton Manor Park Off Capworth Street, Leyton E10*
LG *Lister Gardens Park Corner of Upper Road and Florence Road, Plaistow E13*
LI *Little Ilford Ball Cage Reynolds Avenue, Manor Park E12*
MR *Major Road Ball Cage Stratford E15*
MP *Memorial Park West Ham E15*
NB *New Beckton Park Ball Cage, Savage Gardens, Beckton E6*
NL *Newham Leisure Centre 281 Prince Regent Lane, Plaistow E13 8SD*
PC *Phoenix Cage Milner Road, West Ham E13*
PP *Plaistow Park Balaam Street, Plaistow E13*
PL *Plashet Park Woodhouse Grove, East Ham E6*
PR *Priory Park Ball Cage William Morley Close, Upton Park E13*
RV *Royal Victoria Gardens Pier Road, North Woolwich E16*
SB *Sarah Bonnell School Deanery Road, Stratford E15 4LP*
SC *Score Complex 100 Oliver Road Leyton E10 5JY*
SP *Scud Park Ball Cage Tant Avenue, Canning Town E16*
ST *Stratford Park Densham Road, Stratford E15*
SJ *St John's Community Centre, Albert Road, North Woolwich E16*
WP *Winsor Park, Warwall, Beckton E6*

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4-5.30pm

Multi-Activities
People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am-12noon

Swimming
People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3-5pm
Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45-5.45pm
Real Life Parenting, Sundays at Balaam Leisure Centre from 2-4pm

Trampolining / Fitness / Swimming
SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am-4pm

Get fit for free
Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Susy Massey on 020 7511 4477

Goalball
First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club
Third Sunday of every month at East Ham Leisure Centre from 10am-12midday

STRATFORD MUGA ACTIVITIES

Monday
Community Forum Ladies, 5.30-9.30pm

Tuesday
Basketball, 5-6.30pm
Focus E15 Football, 8-10pm

Wednesday
Handball U12s, Handball Courts, 4-5pm
Handball U16s TID, Handball Courts, 5-7pm

Thursday
Newham Junior FUTSAL, 5-7pm
Newham FUTSAL League, 7-10pm

Friday
Focus E15, Football session, 7-10pm

Saturday
Newham EBS Basketball, 12noon-3pm (every 2nd Saturday of the month)

Newham EBS Handball, Handball Courts, 10am-1pm (every 3rd Saturday of the month)
Russian Circle "Zaniye", Old MUGA, 3-6pm
Key holders: LOCSP: 020 8556 5973; Darren Watson: 0208 430 2489; Leon O'Sahon: 020 8430 2479

ALL OTHER LISTINGS

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, East Ham, unless specified.

Health Scrutiny Commission
Tuesday 1 September, 7pm

Employing Disabled People Scrutiny Commission
Tuesday 1 September, 7pm

Newham Partnership – Building an Active and Inclusive Community – Local Action Partnership Board
Wednesday 2 September, 4pm

Development Control Committee
Wednesday 2 September, 7pm

Newham Partnership – Children and Young People Strategic Board
Old Town Hall, Stratford
Friday 4 September, 10am

Newham Community and Police Forum public meeting
Thursday 10 September, 7pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The forward plan, available on the Newham website, sets out all key decisions to be taken over the next four month period. The September edition of the forward plan was published on 17 August.

OTHER EVENTS

West Ham Bowling Club
New members welcome
Accessible to players with disabilities
Mondays to Fridays, 12.30-3.15pm
Beginners Wednesdays, 6-8pm
Bowls Pavilion, Stratford Park, Densham Road, E15
Call 020 8471 5252 or email branch secretary John at john@boatmaster.co.uk

Newham Community and Police Forum public meeting
Thursday 10 September at 7pm in the Lister Room, Newham Town Hall, East Ham
All welcome.

Royal Falcons Football Club
Football for ages 6+
Beginners, boys/girls welcome
Tuesdays, 6.30-8pm and Saturdays,10.30am-12noon
Savage Playing Fields, Savage Gardens, Beckton. £2-3 per week for both sessions

For more information call Nick on 07764 356 077.

Iroko African Story Fun Day
Wednesday 26 August
Vestry House Museum
Vestry Road, Walthamstow
E17 9NH, 1-4pm
The award-winning Newham-based Iroko Theatre Company is staging a London African Story Fun Day at the Vestry Museum. There will be atraditional African music and movement workshop, an IROKO interactive storytelling performance and a music and dance exhibition.

For more information contact: info@irokotheatre.org.uk

Over 50s bingo
Every Thursday, 1-3pm
New Granwell Community Centre, Whitwell Road, Plaistow
For more information call Doreen on 020 7474 9202

Newham Swimming Club
Join this ASA affiliated competitive swimming club for ages eight and up.

Training most nights in Newham leisure centres. Entry to the club is through monthly trials.

Contact John Harvey on 07749 724 696 to arrange attendance at a trial. Visit the website for more information: www.newhamswimmingclub.org.uk/howtojoin

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries
For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor
Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk
For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk
For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games
To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300
To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email newham.mag@newham.gov.uk

Newham London

NEWHAM STRIDERS AND RAMBLERS WALK GROUPS

Walk your way to health and meet new friends

Striders and Ramblers walk groups provide a social, enjoyable opportunity for individuals to improve their health and fitness

Local led walks 7 days a week

Rambles countryside walk first Saturday of every month

Walks to suit all abilities and pace

For a Newham Striders and Ramblers walk near you visit: www.newham.gov.uk/whatson or contact on 020 8430 2000

Green Street, Royal Docks, Stratford, Three Mills
For our downloadable audio walks/podcast visit: www.newham.com/walks

go london
thinkfeetfirst.com

NHS Newham

Newham
Striders & Ramblers

FREE LIVE MUSIC UNDER THE STARS

Newham London

Come Dancing With Us

Thursday 3 September
7 - 10.30pm

ASIAN EVENING

plus Under 5s Picnic
12noon - 3.30pm

Friday 4 September
7 - 10.30pm

CELEBRATING 50 YEARS OF

MOTOWN MUSIC

plus Children's Party
12noon - 3.30pm

Saturday 5 September
7 - 10.30pm

The Royal Philharmonic Concert Orchestra

plus dazzling Fireworks Finale

Sunday 6 September
7 - 10.30pm

Central Park
High Street South
East Ham E6

No public parking,
please use public transport

Tube: East Ham Station

Buses: 58, 101, 104, 115, 474 to Central Park. 5, 147, 238 to Barking Road

Parking, toilets and access information
020 8430 2000

This event takes place on grass. You may be searched as a condition of entry. No dogs or glass bottles.

020 8430 2000
www.newham.com/summer

In association with O2

Brought to you by the Mayor of Newham